

We Claim:

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1. A combination preparation for contraception comprising from 2 to 4 first stage daily dosage portions each including an effective amount of at least one natural estrogen as sole active ingredient, from 16 to 22 second stage daily dosage portions each including an effective amount of a combination of at least one natural estrogen and at least one natural or synthetic gestogen as active ingredient; from 2 to 4 third stage daily dosage portions each including an effective amount of at least one natural estrogen as sole active ingredient; and from 2 to 4 additional stage daily dosage portions each containing a pharmaceutically acceptable placebo.

2. The combination preparation as defined in claim 1, wherein the 16 to 22 second stage daily dosage portions are divided into a first group of 3 to 5 of said daily dosage portions and a second group of 13 to 17 of said daily dosage portions and the amount of said at least one natural or synthetic gestogen in each of said daily dosage portions in said second group exceeds the amount of said at least one natural or synthetic gestogen in each of said daily dosage portions in said first group.

3. The combination preparation as defined in claim 1, wherein said at least one natural estrogen is selected from the group consisting of estradiol, estradiol compounds metabolized to said estradiol in the body, conjugated equine estrogens and phytoestrogens.

4. The combination preparation as defined in claim 1, wherein the at least one natural or synthetic gestogen is selected from the group consisting of natural progesterone and synthetic gestogens.

5. The combination preparation as defined in claim 4, wherein said synthetic gestogens include medroxyprogesterone acetate.

6. A method of contraceptive, said method of contraception comprising the steps of:

- a) administering daily for 2 to 4 days an effective amount of at least one natural estrogen as sole active contraceptive ingredient in a first administration stage;
- b) administering daily for 16 to 22 days an effective amount of a combination of at least one natural estrogen and at least one natural or synthetic gestogen as active contraceptive ingredient in a second administration stage;

c) administering daily for 2 to 4 days an effective amount of at least one natural estrogen as sole active contraceptive ingredient in a third administration stage; and

d) administering daily for 2 to 4 days a placebo in a fourth administration stage.

7. The method as defined in claim 6, wherein the at least one natural or synthetic gestogen is selected from the group consisting of natural progesterone and synthetic gestogens and the at least one natural estrogen is selected from the group consisting of estradiol, estradiol compounds metabolized to said estradiol in the body, conjugated equine estrogens and phytoestrogens.

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